

## MUSCULATURE INVOLVED IN THE KABAT DIAGONALS OF LEGS

**Author: Gonzalo García Vázquez**  
**University Graduate in Physiotherapy.**

### **Diagonal: EXTENSION + ADD + INNER ROT.**

#### **Hip:**

| MUSCULATURE   | MOVEMENT                  |
|---|---------------------------|
| Psoas major<br>Iliacus<br>ADD´s<br>Sartorius<br>Pectineus<br>Rectum femoris | Flexion + ADD + rot. ext. |

#### **Knee:**

| MUSCULATURE | MOVEMENT  |
|-------------|-----------|
| Quadriceps  | Extension |

#### **Ankle / Foot:**

| MUSCULATURE       | MOVEMENT                   |
|-------------------|----------------------------|
| Tibialis anterior | Dorsal flexion + inversion |

#### **Fingers:**

| MUSCULATURE                                    | MOVEMENT                 |
|--|--------------------------|
| Extensor of thumb<br>Extensor digitorum longus | Extension + medial shift |

### **Diagonal: EXTENSION + ABD + INNER ROT.**

#### **Hips:**

| MUSCULATURE                                      | MOVEMENT                     |
|--|------------------------------|
| Gluteus medium<br>Gluteus major<br>Ischiotibials | Extension + ABD + inner rot. |

#### **Knee:**

| MUSCULATURE | MOVEMENT  |
|-------------|-----------|
| Quadriceps  | Extension |

#### **Ankle / Foot:**

| MUSCULATURE           | MOVEMENT |
|-----------------------|----------|
| Calf muscle<br>Soleus |          |

Peroneus longus  
Peroneus brevis

Plantar flexion + eversion

**Fingers:**

MUSCULATURE  
Flexor of thumb  
Flexor digitorum

MOVEMENT

Extension + Side deviation

**Diagonal: FLEXION + ABD + INNER ROT.  
Hip:**

MUSCULATURE  
Tensor fasciae latae  
Rectus femoris  
Gluteus medius  
Gluteus minor

MOVEMENT

Flexion + ABD + inner rot.

**Knee:**

MUSCULATURE  
Quadriceps

MOVEMENT

Extension

**Ankle / Foot:**

MUSCULATURE  
Tibialis anterior  
Peroneus brevis  
Peroneus longus

MOVEMENT

Dorsal Flexion dorsal + eversion

**Fingers:**

MUSCLE  
Flexor of thumb  
Flexor digitorum

MOVEMENT

Extension + Side deviation

**Diagonal: EXTENSION + ADD + ROT. EXT.  
Hips:**

MUSCULATURE  
ADD major  
Gluteus major  
Ischiotibials  
Sartorius  
Pectineus

MOVEMENT

Extension + ADD + ext. Rot.

**Knee:**

MUSCULATURE  
Quadriceps

MOVEMENT

Extension

**Ankle / Foot:**

MUSCULATURE

Calf muscle  
Soleus  
Tibialis posterior

MOVEMENT

Plantar Flexion plantar + inversion

**Fingers:**

MUSCULATURE

Flexor of thumb  
Flexor digitorum

MOVEMENT

Flexion + Medial deviation